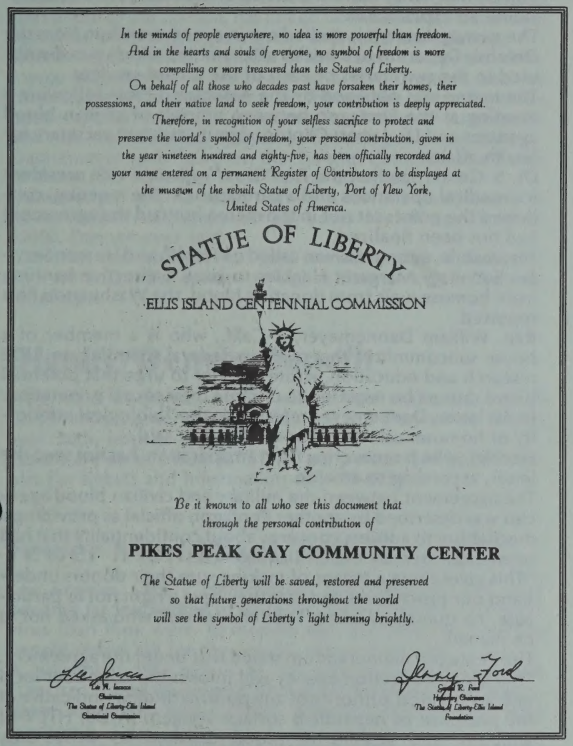
THE SOURCE

SEPTEMBER, 1985 VOLUME 1, ISSUE 9



In the minds of people everywhere, no idea is more powerful than freedom.
And in the hearts and souls of everyone, no symbol of freedom is more
compelling or more treasured than the Statue of Liberty.
On behalf of all those who decades past have forsaken their homes, their
possessions, and their native land to seek freedom, your contribution is deeply appreciated.
Therefore, in recognition of your selfless sacrifice to protect and
preserve the world's symbol of freedom, your personal contribution, given in
the year nineteen hundred and eighty-five, has been officially recorded and
your name entered on a permanent Register of Contributors to be displayed at
the museum of the rebuilt Statue of Liberty, Port of New York,
United States of America.

STATUE OF LIBERTY
ELLIS ISLAND CENTENNIAL COMMISSION

Be it known to all who see this document that
through the personal contribution of

PIKES PEAK GAY COMMUNITY CENTER

The Statue of Liberty will be saved, restored and preserved
so that future generations throughout the world
will see the symbol of Liberty's light burning brightly.

Lee A. Iacocca
Chairman
The Statue of Liberty-Ellis Island
Centennial Commission

Gerald R. Ford
Honorary Chairman
The Statue of Liberty-Ellis Island
Foundation

With A Little Help From Her Friends

The above certificate was sent to the Pikes Peak Gay Community center in appreciation for their donation, to help in the restoration of the Statue of Liberty.
Accompanying the certificate was a letter from Lee A. Iacocca - Chairman, Statue of Liberty--Ellis Island Centennial Commission. In the letter Mr. Iacocca states "I have made arrangements to have your name officially entered into the Register of Contributors in the Statue's archives during the centennial festivities to be held in New York City on the Fourth of July, 1986.
During this national celebration many people from our country and around the world will visit the Statue. I and the commission members believe it is important for them to know that you and other generous Americans have contributed personally to preserve this monument."
The certificate is on display at the Community Center.

Congratulations to I.C.S.C.

Congratulations are in order to the Imperial Court of Southern Colorado. This year marks the 10th year the organization has been in existance in Colorado Springs.

Parents and Friends Meets Again

Parents & Friends of Gays will make another attempt at trying to get the group organized in Colorado Springs.
If you know anyone who is having a problem dealing with your sexuality (relative or friend) encourage them to attend the groups next meeting on Sept. 14th.
The group had a surge in membership last spring, after the showing of "Consenting Adult" on national television. Unfortunately, as summer set in the interest died out.
For further information on the place and time of the meeting, call the Helpline (471-4429.)

A Benefit Concert

By Gloria Mackie

Mark your calendars again! It ain't over yet! The Imperial court of Southern Colorado will be putting on a benefit, proceeds to go to the Lesbian Custody Case (see article: Lesbian Custody Suit.)
Your Host: Princess Royal Xth - Ms. Debbie
Entertainers: Emperor Bob and Sasha
Place: 2735 Club - the new women's club at 2735 E. Yampa
Date: Saturday, September 21
Time: Two Shows at 10 pm. and at midnight
WE NEED YOUR SUPPORT!

AIDS Support Group Starting Soon

A support group for people who have positive results from the HTLV-III test will be starting in the area in the near future. Anyone who has taken the test and received a positive result and needs to talk to someone about it (there is a lot more to the test than a simple positive result) is encouraged to call the Helpline (471-4GAY.) The volunteers have the necessary information to get you in touch with the group coordinator.

Conference of Mayors Turns Down Request For Funds

At the last Board of Directors Meeting for PPGCC, Tim Symons (Vice President) announced that he had receive a letter from the Conference of Mayors turning down our request for funds. This was the second time that PPGCC had been turned down by the group and no letter of explanation was sent with the refusal.
Tim said that he is planning on following up on this and will request a letter of explanation and a list of the groups that did receive the monies.

Elections on the 29th

Sunday, September 29th at 2:00 pm. the Community Center will be open for the elections. All members of the center are encouraged to vote for the candidate of their choice and non-members are encouraged to join and become part of the system.

Letters to the Editor

Dear Editor,
There is a bar downtown, it used to be a great bar to go to. That was years ago before they thought up so many rules to get in to it. I guess that is why there are so few new faces down there, they can't get pass the rules to get in.
I don't mind a cover charge to go there, but I'm a customer. Once I get in I should be treated like a customer, not some low life jerk shopping a K Mart red light special.
Michael Torres Jr.
P.S. I don't expect things to change at all but at least I've had my say.

Can We Talk-Takes A Break

Can We Talk, the Monday night group that meets at the Community Center has been on vacation. All meetings last month were cancelled and the group will not be meeting again until September 16th.

Pictures Needed

Bob Armintor, Secretary/Treasurer of PPGCC is putting together a scrapbook of Gay Pride Week. Anyone who took pictures of any of the events during that week, (especially the parade) your help would be greatly appreciated.
If you would like to donate copies of your prints either call the Helpline and leave your name and number and Bob will call you back or drop them off at the Center Mon. thru Fri. between 6 & 9 pm. or on Saturday between 1 & 5 pm.

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Blood Agencies to Notify Military of Soldiers With AIDS

Washington (AP) - The Pentagon reached an agreement with civilian blood agencies that will require the agencies to notify military physicians if blood donated by active-duty service personnel test positive for an antibody associated with the disease AIDS.
Under the agreement, civilian groups including the Red Cross which collect blood on military bases may require military donors to fill out an "informed consent form." Should donors object, they "may leave the blood donation site without providing an explanation."
The new agreement is spelled out in a memorandum from the Defense Department's health affairs office which was distributed to the secretaries of each of the armed services.
The memo was obtained by the Associated Press following a meeting at the Pentagon between officials of civilian blood agencies and Dr. Jarrett Clinton, deputy assistant secretary for health affairs.
Dr. S. Gerald sandler, the Red Cross' associate vice president for medical operations and a participant in the meeting, confirmed the points set out in the memo but said the agreement had not been finalized.
Meanwhile, a congressman called on Health and Human Services Secretary Margaret Heckler to issue a directive banning male homosexuals from donating blood, the Washington Post reported.
Rep. William Dannemeyer, R-Calif., who is a member of a house subcommittee that oversees federal spending on AIDS research and education, wrote Heckler to urge that potential blood donors be required to disclose their sexual orientation. In his letter, Dannemeyer referred to the "biological inferiority of homosexual male blood," the Post said.
Heckler, who is recovering from an operation, has not seen the letter, according to an aide.
The agreement between the military and civilian blood agencies was described by another Pentagon official as providing a mechanism to address concerns about confidentiality that had been expressed by the civilian agencies.
"This gives them a means of making sure their donors understand our procedures and that they have a right not to participate, no questions asked," said the official, who asked not to be named.
The Pentagon memorandum stated that under the agreement, "the blood collection agency will inform the cognizant local military medical authority of any positive findings indicative of the presence of hepatitis-B surface antigen, (AIDS) HTLV-III antibody and syphilis in blood donated by active-duty personnel."
"The major national civilian agencies collecting blood on military installations have indicated their intent to ask prospective active-duty donors to sign a statement giving informed consent for notification to military doctors of positive results, and to inform those who do not wish to give consent that they may leave the blood donation site without providing an explanation."

AGENCY TENTATIVELY APPROVES AIDS LIST

Denver - Over objections from the AMERICAN CIVIL LIBERTIES UNION, the Colorado Board of Health tentatively agreed Wednesday to begin keeping a list of people who carry the virus that can lead to AIDS. doctors and laboratories would be required to report to the state health department the names and addresses of anyone carrying the virus, as shown on a test licensed in April by the U.S. Food and Drug Administration. The rule becomes effective Oct. 30 if given final approval by the board on Sept. 18. Health department director Tom Vernon said the list will be kept confidential. the names are needed to be sure anyone carrying the virus receives proper counseling, he said. *Gazette*

Lawmaker Hires Expert Who Wants to Isolate Gays

Fullerton, Calif. (AP) - A psychologist who believes homosexuals should be quarantined has been hired as an expert on AIDS by a congressman who sits on the House subcommittee overseeing research on the disease.

Paul Cameron of Lincoln Neb., was hired for a $2,000, one-month tenure to advise Rep. William Dannemeyer, R-Calif., on homosexuality and acquired immune deficiency syndrome, the Register of Orange County reported.

Cameron, who says the quarantine should be ordered to stop the spread of the disease, has linked homosexuality to criminal behavior, including **mass murder and child molestation.**

Dannemeyer, a senior member of the House Energy and commerce subcommittee on health and environment, said he trusts Cameron as an adviser even though the psychologist has been expelled from the American Psychological Association and repudiated by the Nebraska Psychological Association.

Dannemeyer said, however, that he sees Cameron as a victim of those who have lost their "moral compass."

Dannemeyer said he hired Cameron for this month only to advise him on AIDS and other gay issues. He will pay Cameron $2000, Dannemeyer said.

Cameron said he believes "gays are worse than murderers" and homosexuals extract a higher "social cost" than do murderers.

Dignity/Denver Benefit

"A Wine & Cheesman Affair" will be held at the Capitol Hill Community Center (1290 Williams St.) in Denver on Friday, Sept. 20th, from 6 - 9 pm.

Tickets are on sale now for $10.00 per person/$15.00 per couple. For tickets and information call 471-0194.

Fewer Men Want Test For AIDS

Los Angeles (AP) - Homosexual and bisexual men have become far less willing to be tested for exposure to the AIDS virus than they were 10 months ago, and less than half the people tested ask for the results, researchers said.

A November 1984 survey of 728 gays and bisexuals in San Francisco found 69 percent planned to take the blood test to detect antibodies to the deadly acquired immune deficiency syndrome.

But when they were questioned again last May, only 22 percent said they had been tested or planned to be tested, said Thomas coates, a psychologist at the University of California at San Francisco.

Another study of 835 men in berkeley found that of those tested for exposure to the virus, only 46 percent of the homosexuals asked for the results, said sociologist James Wiley of the UC's Berkeley campus.

"If we assume that persons who know their antibody test results are less likely to spread the disease, we must address any issues that discourage people from asking for their own results," Wiley said.

"The fear level about actually going, having the blood drawn and getting the results is incredibly strong," said UCSF psychologist Stephen Morin said. "One of our respondents said that if he received a positive result (indicating exposure to the virus), he wold commit suicide."

The AIDS test was designed to protect the nation's blood supply by detecting the presence of antibodies to the AIDS virus in the blood of potential donors.

The test only tells if a person has been exposed to the virus. As a result, people found to have the antibody in their blood don't know if they still have the virus and can spread it, if they have successfully combatted it or if they will develop AIDS.

SAFE SEX (Can You Live With It?)

The question should be: Safe Sex (will you live without it?) It's hard to believe, that with all the publicity AIDS has received in the past few months, some people (some gay men) are still practicing the indescriminate, one night stand, I don't know you from Adam kind of sex that they are.

Realizing that SAFE SEX cuts out a lot of the more popular (and fun) ways for two men to relate, what are you as an individual doing to protect yourself and others? Where do you personally draw the line? Does the amount of liquor or drugs in your system affect just how much you are willing to do in bed? Does it affect your judgement when "Last Call" is made and there is a cute little number looking your way with the prettiest brown eyes, you have ever seen. This is not an article on alcohol and drug abuse, this is an article on common sense! Be careful, be discriminating, be creative and most of all be around to talk about it 10 years from now.

The decision is yours, the facts have been laid out plain and simple for all of us to understand, rimming, swallowing and not using a condom can land you in an early grave. No one is saying you have to give up sex and become celibate but they are saying things have to change and the change has to be done on an individual basis.

Wake up now before it's too late. As of right now there has not been one case of a person **contracting** AIDS in Colorado Springs, all of the cases to date have come from out of the area. SAFE SEX may not mean as much excitement as your used to but it has become a way of LIFE.

Helpline Yard Sale-Postponed

The yard sale planned by the Helpline and scheduled for September 14th., has been temporarily postponed. No future date has been set at this time.

GAY HISTORY QUESTION

What was the first U.S. gay liberation group - chartered in 1924?

P.P.M.C.C. Readies For Busy Month

Pikes Peak MCC is celebrating a great deal for the month of September. The Church just survived a month without its regular worship facilities. The attendance actually increased during this time of "humor and patience" as they brought their lawn chairs and pillows to sit on, amongst the dust and debris of restoration.

On September 8th, at the 5pm. service, the church will be dedicating the sanctuary that has been refurbished. The choir will be in the service to begin the church year and wearing its robes for the first time. The new altar vestments will be used for the first time also.

On Sunday September 22nd, Matthew Howard who is studying for the ministry through PPMCC will be set apart at the service. To complete this special occasion for Matthew, he and his lover, Craig, will be having a blessing on their relationship.

Two women who have been together 4 years will be having a Holy Union this month and will be the first Christian Holy Union performed by the Pastor in the church sanctuary since he got here 2 years ago.

Finally, Rev. Roger Webb will celebrate his 2nd anniversary on Sunday September 29th. He and his spouse Paul came here from Long Beach, California to minister. The church has gone from an average attendance of 35 to 60 per service in that 2 years.

The church is emphasing the "BACK TO CHURCH" time and invites old and new friends to enjoy worshipping regularly through the coming months. During the Fall, the church is planning a mid week worship, a Bible Study, a weekend retreat on the Holy Spirit and gifts of the spirit, conscious raising for men and incest survival for the women.

Teardrops Contained AIDS Virus

Washington (AP) - The virus believed to cause AIDS has been found in the teardrops of at least one patient with the disease, a finding scientists said was not surprising because some levels of the virus appear to be in all the bodily fluids of victims.
Researchers at the National Institutes of Health said they found low levels of the AIDS virus, called HTLV-III, in the tears of one AIDS patient and possibly in those of three others.
Scientists say it is unlikely that tears could be a route for transmitting acquired immune deficiency syndrome. However, a spokesman for the U.S. Public Health Service said the agency has not addressed what precautions should be taken with tears because the findings are new.
Government sources said public health officials are considering recommendations to add eye examination precautions to the list of guidelines for dealing with patients with AIDS related conditions. These could include minimizing contact with tears of patients, wearing rubber gloves when examining their eyes and sterilizing instruments, they said.
The virus is known to be passed from person to person through intimate contact with blood and semen, but no other bodily fluids have been implicated so far.
Although the germ also has been found in the saliva of some patients with AIDS and a related, but less severe, immune disease called AIDS-related complex, not one case of transmission through saliva has been reported, according to the federal Centers for Disease Control in Atlanta.

"Cab" Shepard... The Wiz

Felix "Cab" Shepard has auditioned and won the part of the Wiz, in the Fine Arts Center's production of the popular Broadway play.
Excited about doing the part, "Cab" admitted that although he has always wanted to be involved in something like this, this was his first attempt at the stage.
With scheduled performances on Oct. 10, 11, 12, 18, & 19 at 7:00 pm. and a matinee on the 20th at 1:00 pm, he has been busy rehearsing (4 nights a week) with the rest of the Colorado Springs cast. The cast, which is made up entirely of local talent also includes Vicki Shepard ("Cab's sister") in the starring role of the Good Witch.
Vicki and her group H30 along with Annie and Mr. B were the featured entertainers at the Block Party in June. Already a popular entertainer in the area Miss Shepard will be a "Good Witch" that will long be remembered.
Performing together is nothing new to the Shepards. "Cab has worked with Vicki's group before and has written several songs which Vicki has used in her act.
Tickets are on sale now for $8.75 per person and for $7.75 for students, senior citizens and people under 18 years of age. For further info call the Fine Arts Center.
Remember the dates and be sure to come out and support two people who have long supported the gay community in Colorado Springs.

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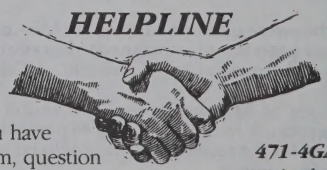
Maranatha MCC Supports World Church Extension

By Dan Lykins

At a recent Board of Directors meeting, Maranatha MCC voted to pledge support to the UFMCC's World Church Extension program. The board chose to send our monthly pledge to the Rev. Robert Author, Pastor of MCC Burmingham England. Rev. Author is also the District Coordinator of the North Sea District of the UFMCC. Rev. Author is unable to work in England because of his American citizenship. The Churchs in the United States have to support him because of that fact. England has a very high un-employment rate and his local church and district are un-able to support him. The UFMCC is reaching out to the world with the gospel message that God loves all people. Just a few of the countries that they have reached are: New Zeland, France, Spain, Greece, Mexico, Germany and many others, on all points of the globe. Let us always remember the great commission that Jesus Christ gave us; "Go ye therefore and teach ALL nations, Baptizing them in the name of the Creator, Redeemer and the Sustainer." Matt. 28:19

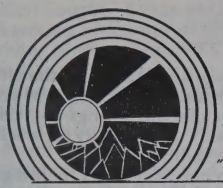
THE HELPLINE



If you have a problem, question or just need someone to talk to

471-4GAY
We're here because we ***Care***

PRIDE & UNITY
TOGETHER
WE CAN
MAKE IT WORK



Pikes Peak Gay *Community* Center

"Community" is the key word

For Membership Info. Call 471-4GAY

Make Your Vote Count

Ballots are being prepared and will be on their way to the members of the Community Center any day now. When you receive yours, look it over carefully and be sure to read the instructions. Each member of the center is entitled to 6 votes, how you do the voting is the tricky part. You can either vote one time for each candidate or six times for one candidate. If you are planning on mailing your ballot back to the center it can get there no later than Saturday, September 28th. Any ballots received (by mail) after this date will not be counted. The center will be open at 2:00 pm. on Sunday the 29th for election day, if you are planning on stopping by do not mail your ballot in, bring it with you.

If you are not a member of the center at this time and would like to join so that you can participate in the election of the Board of Directors, there is still time. You have until the polls close on the 29th to join and fill out a ballot. Anyone interested in doing so, should fill out the form below and bring it to the center so you can be sure to get on the mailing list in time.

Pikes Peak Gay Community Center Membership Form

Fill in the form below and mail it with check or money order to P.P.G.C.C., P.O. Box 574, Colorado Springs, Colorado 80901.

_____ New _____ Renewal

_____ $ 5.00 Student (16 to 21)

_____ $ 7.50 Individual (21 and up)

_____ $ 10.00 Household

_____ $ 35.00 Institutional

_____ $ 60.00 Sustaining

_____ $ 120.00 Business

Membership runs for one year from the date of joining. Each type of membership includes voting privleges, and the right to hold office. Membership list is confidential.

Name _____

Address _____

City, State & Zip _____

Total Enclosed _____

Thank You For Calling The Helpline

By Allan Wakefield

If you weren't there on the 25th, the benefit at the 2735 Club to help raise funds for the lesbian custody battle was a success. The Helpline showed up in force with a large variety of baked goods and several items left over from the Block Party. At the end of the evening we had raised $117.00, half of which went to the benefit the other half staying with the Helpline.

The Yard Sale planned for Sept. 14th had to be postponed for the time being. The new date hasn't been set yet but should be coming up in the near future.

Three volunteers from the line will be running for positions on the PPGCC Board of Directors this year. They are Harry Staub for Helpline Coordinator, Michelle Abdill for Secretary/Treasurer and Dan Lykins for Editor. All three are planning on remaining active as volunteers and I would like to thank each of them for the support they have given me over the past couple of months.

NEW NEWS

* Phone Issue - has been put on hold for the time being. Prices for equipment are in as are the cost of installation estimates. Several possibilities are still under consideration and the Board has approved the 2nd line as soon as all of the details are worked out.
* - The first birthday brunch will be held on Sept. 29th at the Exit. All members of the line are asked to be there at noon.
* - There will be two meetings this month, the first on Fri. the 13th, 7:00 pm. at the Community Center. Bill Smith will speak to the volunteers on the new AIDS support group. The second on the 27th at 7:00 pm., also at the Community Center. Anyone running for a Board position is welcome to come and speak to the group on what your goals and aims are. Both meetings will be pot lucks.

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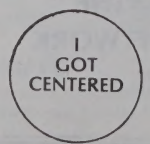
Meet the Candidates

Dan Craig

Office Sought - President
Background - What I would like to address is the *Future!* The *Present!* And the Past!
In January of 1983 I picked up, packed up, and loaded up my personal belongings, person, and several other individual characters (some willing, some not so) and transported them to a much smaller community nestled in the Rockies. A land that offered potentials in personal growths as well as economic and spiritual growth, Colorado Springs.
Not that I have any regrets or resentments as a 30 year resident of Southern California. I loved it and it loved me in return. There was much growth- physical, emotional, spiritual, and economical. Not all good, not all bad, but definitely all positive.
Towards the ending of 1982 I caught myself surveying the potential growth in two specific areas, physical and emotional (the areas I classify as "Human Potential". I found these potentials to be not only limited, but at times threatened. I decided I was not done growing.
I hope I never am!
The first year or so was spent getting my feet and ankles wet, slowly experiencing a new city, a new climate, a new life. I began making many new friends, some who remain, far too many who have moved on for one reason or another. Sometime during that first year I found myself fully submerged in the pool. Much time has been spent seeing-feeling-hearing-smelling-tasting the water. Occasionally my senses would pick up on negative waves, those derived from judgement and nonconstructive criticisms. Over all the water felt very good. I waded in the water a short time before moving on, when I started experiencing many new people. Bright, energetic, positive sounding waves. We are all the waves and together we create the body.
Years ago a much smaller group than us put their energies together to achieve perhaps the same goals. They started with virtually nothing and have produced an actual commodity. Something which can be seen, heard, touched and felt.
The present Board of Directors serving the Community Center should receive nothing more than the highest commendations for their success in materializing their dream.
Is it time for change? Yes and No!
It's time for change in growth.
It's never time for change in stability!
It's time for new leadership. Leadership that can effectively represent the growth of our community.
It's time to reach out to the wants and requirements of a fresh community, a pool of fresh energies, new ideas, and futuristic goals.
As president of a new Community Center it would be my first and foremost goal to build a community center that is a resource center for Gays and Lesbians from all walks of life, both discreetly and indescretely. A Community Center that is looked up to and supported by it's community.
I'd like to work with all of you. We can spend less than a minute setting each goal, less than a minute setting behavioral patterns needed to achieve each goal, less than a minute rejoicing in praise,-and a lifetime of achieving our goals.
As a member of the body, realize your ability to be a part of it's direction. VOTE!
If your not yet a member---Why Not?
As a part of the body we can work together, play together, grow together.
Become a part of the energy that proudly can say:



Tim Symons

Position Sought - President
Background - My name is Tim Symons and I aspire to the office of President on the Board of Directors of PPGCC. I'm 39 years old and have been a part of the Colorado Springs Gay Community for 22 years. A degreed medical laboratory technician, I'm currently employed by the Broadmoor Hotel.
My favorite charity is the Soup Kitchen, and I work for indigent health care by serving since 1984 on the Governing Board of the Community Health Center here in Colorado Springs. I am past Shift Coordinator of the Terros Hotline and have served the PPGCC helpline in several capacities during the last year. Serving as PPGCC's Vice President and Membership Chairperson for the past year has been not only fascinating and challenging, but truly a pleasure. Thank you for your support. Membership in PPGCC has almost doubled during that time. Using unity and fundraising as focal points, I worked on the United Way application, and applied twice for AIDS education money from the U.S. Conference of Mayors. I am a member of a branch of the UFMCC in Denver.
I have no axes to grind, no one gay community organization over another to favor. I neither own nor am I affiliated with any gay or gay-sensitive businesses I wish to promote with my office.
I intend to offer my best unbiased, *active* leadership during these times of growth and fear (about AIDS) in our community. No promises except hard work...thank you for your vote for Tim Symons on election day.

Shellie K.

Office Sought - Vice President
Background - Colorado Springs Gay Community Center
* member PPGCC - August '84
* member Network - August '84
* member PPMCC - Jan '85. Member Board of Directors - July '85
* attend Count Me In, Women's Group, Dignity and MCC
* PPGCC Board Liaison for Count Me In - Nov '84 to June '85
* Chair Committee "Future of Gayspeak"
* Co-ordinator of Gay Pride Week Committee
* Co-Edited w/Alma C., Gayspeak - June issue
* Wrote articles for Gayspeak - Feb, April, May & June issues

Why do I want this office?
First, most Board meetings of PPGCC I was the only female present. It is very important to me that LESBIANS are active members of PPGCC, including representation on the Board of Directors.
The Vice President is the board member in charge of membership. I would like to see membership increase dramatically. Publicity of what the Community Center is and how a person benefits by being a member are essential. I have ideas to increase the benefits.
To vote you must be a member. The PPGCC Board makes decisions which affect the entire Gay Community. Members and non-members alike. So it is your choice, decide who will represent you on the board.

ELECTRONICS REPAIR

JO-WIN ELECTRONICS

AUTHORIZED RCA, FISHER, QUASAR, SAMSUNG SERVICENTER

KAREN JONES

CALL COLLECT
1—683-2380

Dan Lykins

Position Sought - Editor of Gayspeak
Background - Member of PPGCC for 2 years.
Member of Pikes Peak MCC for 4 years. While a member, I served as a Deacon for a 1 year term, Fund Raising Chair-person, social committee chair-person, Usher and newsletter editor (the Church Mouse.)
One of the founders of Maranatha MCC, I served as clerk of the Board of Directors, Representative to the UFMCC General Conference in Sacramento CA. in July 1985 and Represented Maranatha on the Board of Directors of the PPGCC.
I have also been involved in the following: The Imperial Court of Southern Colorado, The PPGCC Youth Group, The PPGCC Singles Group and was a member of the committee that planned this years Block Party.
I wish to run for the position of Editor of the Pikes Peak Gay Community Center's newsletter - GaySpeak. I feel that the newsletter should be a reflection of the PPGCC and that in order to do so, some changes will have to be made.
In the past the paper has been more of a reflection of the Editors views than a source of information for the community as to what the Center is all about. It's my goal to change things enough to make GaySpeak a valuable connecting link between the members of the Community Center, the Board of Directors and the general public.

Harry Staub

Position Sought - Helpline Coordinator
Background - Up until the time I joined the Helpline, I was like so many other people, unaware that it existed. I didn't know any of the volunteers and I had no idea what kind of people used it's services. All of that has pretty much changed over the last couple of months and the best part of it all, is that I have enjoyed doing it.
Allan Wakefield (coordinator) has made some dramatic changes over the past year and they are the kind of changes that have benefited the community. With his announcement that he would not be running for the position again this year I had to stop and think. The Helpline has grown into a strong viable (and visual) group of people. The type of people who first of all care about what they are doing and how they go about doing it and secondly a group of people who fall somewhere in-between support group and organization status.
I bring this up because the new coordinator will have to be someone who is aware of the good that has been done in the last couple of months. Aware...and willing to maintain the excellent standards that the people who work the phones have set for themselves. I do not want the job so that I can go in and make a lot of changes, I want to build on something that is already working well! I would like to see the members of the Helpline visit some of the people, clinics and organizations that they are reffering and learn on a first hand basis what is involved in in the everyday operation of these groups. Because the Helpline is such a large part of the Community Center I would like to see the creation of different offices within the group itself. Offices such as Assistant Coordinator, Secretary, Treasurer, Speakers Bureau Spokesperson (to speak at the various support groups) and Editor (responsible for keeping the Source and GaySpeak up to date on the various functions and decisions made by the group.) I also feel that there are enough volunteers right now to cover the schedule (most don't work as many shifts as they would like to) and that now is the time we should be coming up with a stricter set of standards for new members.
Whoever gets elected to the position of Coordinator has been left a Volunteer Helpline that is in strong shape. If I am elected, with the help of the volunteers and the board, I will work at making the Helpline the Most Valuable part of the Pikes Peak Gay Community.

Michelle Abdill

Position Sought - Secretary/Treasurer
Background - I am currently an active member of the Helpline and co-owner of the Travel Source, a gay oriented travel business.
I am also involved in encouraging businesses in the community to orient towards gay business and services.
From my perspective the current board has done an excellent job in establishing and nurturing the P.P.G.C.C.
I would like to see the center continue to be a vital and viable part of our community-reaching even more of our family. We need to work together to let everyone know we are here and that we have something to offer them.
I would like to see the Center sponsor more groups ie. - a short term "coming out group," a "gay parents support group," "children of gays" etc., and sponsor work shops aimed at self-improvement and personal growth issues, etc. In other words I feel that the P.P.G.C.C. can become a true center for the gay community - a means of finding support for ourselves and our friends.

Roger Webb

Position Sought - Speakers Bureau, Spokesperson
Background - The chairperson of the Speakers Bureau needs certain skills or resources to do the job justice. In my role as pastor of the Pikes Peak MCC, I believe much of the abilities needed for Speakers Bureau are utilized.
I have spoken over 30 times in the last 8 years of gay activism at universities, colleges, and professional organizations here and in California. Due to the counselling I have to do as a pastor I feel I have a good sense of understanding the dynamics of much of the gay and lesbian experience. This should help me present a complete and positive picture of our community.
I am committed to inclusivity of panels by seeking out all ages, genders, race and lifestyle to be represented as much as possible.
My pastoral contacts give me an opportunity to call upon a cross representation of our community.
I would write letters to various educational institutions, social agencies and any other interested parties to advertise our service. In other words, I would like to see the Speakers Bureau move from a passive to a more active stance.

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Proposed By-Laws Revisions

Most of the proposed changes are changes in **wording** recognizing the fact that the makeup of the Board has altered over the past year.

Article I...**Name & Purpose**

Present: The purpose of this corporation shall be one of service and education for lesbians and gay men as well as the larger community, and shall concern itself with the health and human development of its members.

Proposed: The purpose of this corporation shall be one of service and education for lesbians and gay men as well as society as a whole, and shall concern itself with the following:

a) the encouragement of gays and lesbians in pursuit of their own personal well being, their political and spiritual growth.

b) the creation of an atmosphere of mutual respect, cooperation and acceptance among all elements of our diverse lesbian and gay community.

c) the defense of human rights and the promotion of mutual respect between the gay and lesbian community and society as a whole.

d) the recognition and fostering of lesbian and gay culture and history.

Article III...**Governing Policy**

The following matters are reserved to the exclusive jurisdiction of the General Membership:

Present: a) election of the members of the Board of Directors of PPGCC

Proposed: a) election of the **officers** of the Board of Directors of PPGCC

Article V...Membership

Present: There shall be one class of members which shall be called the **General Membership.**

Proposed: Members of the Center shall comprise the body known as the **General Membership.**

See discussion of the change by Shellie K at the end of the suggested revisions.

Article VII...Board of Directors

Present: The Center Board of directors shall consist of six(6) members in good standing and a majority of the Board(4) shall constitute a quorum for the transaction of business.

Proposed: The Center Board of Directors shall be composed of the officers of the Center elected by the General Membership and representatives/liaison persons selected by gay social, political, religious organizations, and/or businesses who are Center members. These representatives/liaison persons shall participate in all Board decisions and have the same voting status as the officers of the Board. Two-thirds of the Board members present at a Board meeting shall constitute a quorum for the transaction of business.

subsection "a" remains the same. Delete subsection "b."

Article VII...Board of Directors

Section 1

Present: e) to disqualify, by a vote of not less than four(4) Board members any individual Board member.

Proposed: e) to disqualify, by a vote of not less than **two thirds of the Board members present and voting,** any individual Board member.

Present: f) to appoint, by vote of not less than four(4) Board members, interim Board members to fill any vacancies.

Proposed: f) to appoint, by vote of not less than **two thirds of the Board members present and voting,** interim Board members **or officers** to fill any vacancies.

Section 2

Subsection "a"

Present: Special meetings of the Board of Directors for any purpose(s) shall be called at any time by the President or by any four(4) Board members.

Proposed: Special meetings of the Board of Directors for any purpose(s) shall be called at any time by the President or by **two thirds** of the Board members **so desiring.**

Section 5

Present: Board members shall receive no compensation for their services.

Proposed: As a general rule, Board members shall receive no compensation for their services. However, the Board, at its discretion, may compensate a member or members as is deemed necessary to carry on the function of the particular office or duties. However, when the vote is taken on such compensation, the affected party(ies) shall have no vote.

Section 6

Present: At an election held for Board members electees receiving the most votes shall each serve one(1) year terms.

a) A procedure of cumulative voting shall be used in the elections for the Board.

Proposed: At an election held for Board **officers** electees receiving the most votes shall each serve one(1) year terms.

Delete subsection "a." Subsection "b" becomes "a" and subsection "c" becomes "b."

Article VIII...Duties of the Board Officers

Secretary/Treasurer: Add..."S/he shall keep the Center mailing list current at all times."

Delete the foregoing sentence from the job description of the Newsletter Editor.

******

At its August meeting the Board of Directors of PPGCC discussed the proposed changes to the By-Laws. Much discussion was centered around that of membership. Since the Board could not come to any consensus on this issue, it was decided that the other suggested change proposed for this section of the By-Laws be included so that Center members could react and vote. These additional changes were suggested by Shellie K. Additional wording is in Bold Face Type.

Article V...**Membership**

Section 1

There shall be **two** classes of members of **the Center, personal and corporate,** which shall **comprise the body known as** the General Membership.

Section 2

A personal member shall be any person of good will, 16 yrs. of age or older. **Corporate members shall be** any gay, social, political, religious organization or business. Said members shall pay an annual membership fee. **The personal membership fee for those on limited income may be waived for** equivalent services to the Center.

Article VII...**Board of Directors**

Corporate members may elect...

Section 6

At an election **of the personal membership** held for the Board officers, electees...

Rationale for these changes(by Shellie K.)

It is my opinion that PPGCC operates with two distinct classes of members: personal (including household) and corporate (social, political, and religious organizations and businesses.)

Article VII subsection "b" grants voting privileges to what I label corporate members at **all** Board meetings. A personal (or household) membership does not.

Corporate members receive another bonus from PPGCC, that of referral by the Helpline volunteers.

I do not feel that an organization or a business should be given a ballot to vote for the officers of the PPGCC Board of Directors. I feel that privilege belongs to the **individuals** who are members of the Center. The following examples illustrate my concerns:

1) Suppose Pat owns a gay business, purchases a **business** membership in the Center and also a **personal** membership. Pat has **2** votes for Board Officers. I firmly believe in 1 vote per **person!**

Suppose Chris is the liaison/representative for a gay organization and sits on the Board.

a) Chris receives a ballot for the organization he/she represents and takes that ballot back to the organization for a vote on how to cast the ballot. Logistically this is difficult for an organization as large as PPMCC, PSN, or the Court. Each organization, then, must decide if the votes cast are from members of the organization, their own Boards (if applicable) or just those present at a particular meeting. Again, the question of more than one vote per person arises. Center members who are also members/attendees/Board members of a Center organization have 1 personal vote and fractional votes for each organizational affiliation.

b) Suppose for whatever reason, Chris decides to cast the ballot as the liaison. Chris is also a Center member and like Pat then has 2 votes.

A counter argument has been suggested. If not allowed to vote for Board officers, then several organizations and businesses may not join (or rejoin) the Center. Personally, I believe that the privilege of a voting representative at **every** Center Board meeting is far too great to miss! Plus organizations and businesses (members and non-members) receive Helpline Referral!

Lastly, please join the Center if you are not already a member! Vote for **your** Board officers and the proposed By-Laws changes you agree with. This is **your** organization. GET INVOLVED.

ANSWER TO GAY HISTORY QUESTION

The Society for Human Rights

Community Calendar

DATES TO REMEMBER
Sept. 16 & 17, Jewish New Year
19, Commitment to Life Benefit
22, Fall Begins
25, Yom Kippur
29, P.P.G.C.C. Elections

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				September 5 **Count Me In** - 7:30 pm., "Story Night" members tell of their funniest gay moments. Call Helpline for info. **Dignity** - Mass, Rev. Ron Raab. 7:30 pm. at 908 N. Logan, coffee social will follow. **Friends Gathering** - 7pm., PPMCC.	6	7 **PPMCC** - Volleyball, 1pm. at Monument Park.
8 **PPMCC** - Worship Service, 5pm. Dedication Celebration.	9 	10	11 **PPMCC** - Meet N Eat Prayer Group at noon. **The Women's Group** - 7:00 pm., call the Helpline for info. **PPMCC** - Friends Gathering at 6:30 pm.	12 **PPMCC** - Friends Gathering at 7:00 pm. **Count Me In** - 7:30 pm., Speaker Susan Langdon- Gyn. Nurse Practitioner will speak on P.M.S. Call Helpline for info. **Dignity** - Prayer Service, 7:00 pm at 908 N. Logan. Meeting (nominations for new board members) & social to follow.	13 **Helpline** - meeting at the Community Center, 7pm. Bill Smith will speak on formation of new AIDS support group. Pot Luck to follow meeting.	14 **PPMCC** - Volleyball, 1:00 pm., at Monument Park. **Parents & Friends of Gays** - Call Helpline for information on place and time of meeting.
15 **PPMCC** - Worship Service at 5pm.	16 **Jewish New Year** **Network** - Meets at the Exit at 6:00 pm. **Can We Talk** - 7:00 pm. at the Community Center.	17 **Jewish New Year** **P.P.G.C.C.** - Board Meeting 7:30 pm., at the Community Center.	18 **PPMCC** - Prayer Group at noon. **The Women's Group** - 7:00 pm., call the Helpline for info. **PPMCC** - Friends Gathering at 6:30 pm.	19 **Commitment to Life Benefit** **Count Me In** - 7:30 pm., Discussion on "The Art of Friendship" Call Helpline for info. **Dignity** - Mass, Rev. LeRoy Clementich, 7:30 pm. at 908 N. Logan. Dessert social will follow. **PPMCC** - Friends Gathering at 7:00 pm.	20 **A Wine And Cheesman Affair** - Benefit for Dignity Denver, 6 -9 pm., Capitol Hill Community Center. Call 471-0194 for ticket info.	21 **PPMCC** - Volleyball, 1:00 pm. at Monument Park.
22 **Fall Begins** **PPMCC** - Worship Service, "Matthew Howard Consecration" at 5 pm.	23 **Can We Talk** - 7:00 pm., at the Community Center,	24	25 **The Women's Group** - 7:00 pm., call the Helpline for info.	26 **Count Me In** - 7:30 pm., "Book Discussion" Loren will be leading the discussion on books concerning Lesbian topics. Call Helpline for info. **PPMCC** - Holy Union at 8:00 pm. **Dignity** - Prayer Service, 7:00 pm. at 908 N. Logan. **Deadline Date For Nominations!**	27 **Helpline** - meeting 7pm., at the Community Center Pot Luck and meet the candidates. **Mountain Music Festival** - Today thru the 29th. in Manitou Springs. **Oktoberfest** - today thru Oct. 7th. in Penrose Stadium.	28 **PPMCC** - Volleyball, 1 pm., at Monument Park.
29 **Board Elections** - Held at the Community Center starting at 7:30 pm. **PPMCC** - Worship Service, Rev. Roger's 2nd. Anniversary - 5 pm.	30 **Network** - Meets at the Exit, 6:00 pm. **Can We Talk** - 7:00 pm., at the Community Center.	October 1	2 **The Women's Group** - 7:00 pm., call the Helpline for info.	3 **Count Me In** - 7:30 pm., call Helpline for info. **Dignity** - Meeting or Mass, 7:00 pm. at 908 N. Logan.	4 	5 **PPMCC** - Volleyball, 1 pm. at Monument Park.

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G.W.M. 38, presentable and non smoker. Interested in relationship (roomate) with masculine G.W.M. 25-38 yrs. old. Willing to share all expenses. Call 471-1216, ask for George.

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Lesbian Custody Suit

By Gloria Mackie

Friends in Colorado Springs,
Thank you for you continued support and interest. Many thanks to all who have donated their time, skills and talent. but this is best said by two members of the State Co-ordinating Committee. what follows is a transcription of a letter I received - I'd like to share it with all of you:
8-16-85
Dear Gloria, thank you for your recent letter. It sounds like Colorado Springs has a wonderfully supportive group of lesbians and gays. We are happy about the numerous fund-raisers you have formed. Judy and I both hope to be at Grand Opening (=benefit) of the womens bar 8-25.
As you know the deceased woman (biological mother) was our closest friend, and our concern for the welfare of the surviving parent and the child runs deep. We will call you for directions before the 25th. Would it help if we brought the poster and family portrait we had at the fund-raising booth? (A booth was set up at Trax during the Gay Pride Parade) I saved the poster with the child's pictures.
I will be calling the surviving parent. The social worker assigned to the case has returned from vacation, so the home visit could be anytime now. The most recent development was an emotional setback for my friend. Her lawyer, submitted to the grandparents lawyer, a written petition to drop the court case at this time with full custody going to the surviving parent (my friend) and with liberal visiting rights going to the grandparents. The grandparents refused this offer, this ensuring a court battle to the end.
The judge assigned to the case has a reputation of leaning toward "what the child wants", and a reputation as a liberal thinker. During a pretrial hearing the grandparents attorney informed the judge that "the child is being raised by a lesbian and was conceived by artificial insemination." The judge's response was "so what?" This may be a good sign.
My friend has said over and over again how much the support of the community has meant to her. Please keep it coming. I cut out your article from the "Source" and sent it to her. IF THERE IS ANYONE OUT THERE WHO COULD, AND WOULD, WRITE WORDS OF ENCOURAGEMENT, PLEASE DO SO. You can send them C/O Loni tracy, 4217 S. Halifax Ct, Aurora, colorado, 80013 and I will mail them to her. My friend is keeping a scrap book for the child, so she can grow up seeing how many people cared about her. My friend has a very poor support system in her community and becomes despondent at times that she may lose the child. It is at these times that words of encouragement could give her the added boost to go on. so please mention this to your readers and let's surround her with our support and strength.
I'm writing for Judy and all the women here who are involved in the custody case and can't thank you enough. The $25 doctor physical exams (a Denver doctor is donating the proceeds from physical examinations to the cause) has thus far generated approximately $300 for the defense fund.
But please write a little note of encouragement, o.k.? It would be mailed immediately on to her. We hope that this letter has helped bring you up to date and gives you some new information for your columns
Thank's again everyone, and thank you Gloria.
Loni Tracy
& Judy Lovin

Friends in Colorado Springs, '85 is more than half way over but do you still feel that tingle of being ALIVE WITH PRIDE? Yes, you do! You made the August 25th benefit a success. Approximately 50 people attended. Special thanks to Allan and members of the Helpline for organizing the bake sale and auction, and to all who contributed items; to Annie and Vicki for their time, their superb talents and their willingness to share; to Joe Brady and his staff for providing us with a home and donating the proceeds from the cover charge and to all who could not be there, but were there in spirit.
Loni and Judy came down from Denver to be with us and to fill us in personally on some of the details which cannot be printed. They enjoyed themselves very much and were impressed and delighted with the Chinese Auction. They are taking the concept back to Denver with the idea of doing the same thing in some of the womens' clubs up there. Besides having a lot of fun, we raised $200 for the cause:
The Helpline donated $58.00 from the bake sale.
Joe Brady donated $84.00 from the cover charge.
Metropolitan Community Church sent a cash donation of $50.00 - a pleasant surprise. Thank you Maranatha M.C.C. and all the brothers and sisters of the congregation who made this possible. Various friends donated $12.00 - the cover charge they would have paid if they could have attended the benefit. These last two lines are from me to you friends: We deserve better than a place to hide - We deserve a home, we are people first - None of our own will be alone.

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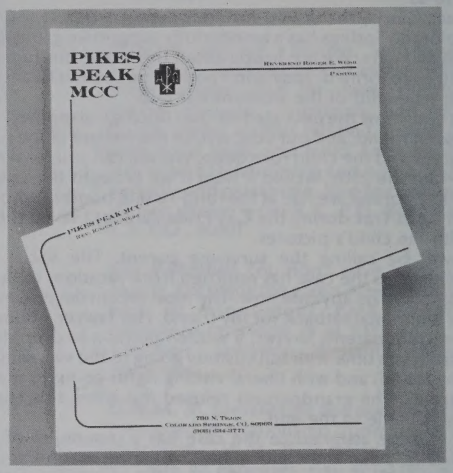

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DEBRIS

Reunion
By M.L. Bean

It's something that everyone should do, at least once...the class reunion.

Despite T L Wolfe's admonition about not going home again, I journeyed 1100 miles back 25 years. Through Midwestern humidity and verdant foliage, in an unairconditioned car, I rejoined the class of 1960, Broad Ripple Pockets. I went out of curiosity...who were these people I palled around with, who was I, what were values then, what are they now, who am I? Heavy questions, quickly forgotten in the excitement of losing oneself in a previous, comfortable generation. The stereotypes were all there: "Wait, don't tell me, I know who you are!" (This buys time to adjust the bifocals to read the name tag.) Squeals of delight, quick hugs, brief mention of more salient memories. then the update: marriage (how many, though surprisingly Midwesterners are on the low end of national statistics,) money (read job, number of homes and locations, cars, jewels, family or otherwise,) and maybe, meaning...as in purpose of life. Of course there were people who remained unrecognizable in any age. (Do "nerds" ever grow out of it, or do they just become older nerds?)

I tended to find one person, intensely review the past 25 years, then peer out behind same and try to scope out others, without the mutual hard stare. Then I could participate if I thought I might know someone. If I didn't, I could just mumble and shrink off. I found that I mainly remembered people as couples: "you went with..." Individualism comes later.

High school society moves in adolescent cliques, complete with imagined injuries and comradeship established by location, and economic or social status, (or lacks thereof.) Somehow, 25 years erased these barriers and bonds. I enjoyed classmates for what they had become...a truth also appreciated by many teachers.

It was interesting to note that the sexes became more defined from the adolescent, monotonal lookalikes. the men, especially the "dolls" seemed to have added weight and lost hair...aged. But the women, for the most part, somehow acquired the knack of raising kids, keeping house(s), and turning angles into curves...they looked mah-ve-lous. Maybe life can begin after 40.

And the stereotypes...all American: the poor kid strikes, or marries, it rich and sports diamonds and gold, and a Porsche, or a swimming pool and a jacuzzi...easily dropping six digit figures, and names, and so forth. The older man seeks companionship in a more understanding, younger woman. Most are married (some storybook, some short story); very few want to brave it alone. And most are living the American ideal: home, family, stability...the strength of America. I was amazed at the ages of the offspring (surely I'm not old enough to be a grandmother?!) often the age of co-workers, and at the number of deaths (mainly those who sat near me in homeroom) in a non-wartime. Mortality appears on a previously unblemished horizon.

It was two days...jitterbugging between then and now, crowded with thoughts, experiences and people...not cataclysmic, but an important ritual to knowing how one got here from there. I have reestablished some ties (if they write back) and am satisfied with where I am...it was all there, though often latent, ready to be defined.

By the way, there was air conditioning, I just didn't know it.

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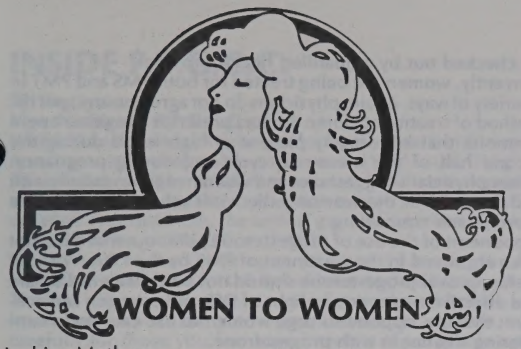


Lesbian Mothers
ByRoxanne Ellis

Motherhood is such a wonderful experience...or is it? Raising children in this day and age is no easy task. Being a single parent is yet even more difficult. But, being a Gay single Parent presents problems almost beyond comprehension.

Making the decision to come out to your child is the most frightening experience you might ever endure. Yet, you must be honest with that child and the sooner the better, if you ever expect the child to be honest with you.

The "straight" society in which we live tells our children that lesbians are bad, immoral, disgusting Human Beings, certainly we couldn't posses the qualities that make a "good mother." What the rest of society dosen't realize is that being a good mother has nothing to do with one's sexual preference, but rather with one's ability to teach her children about love and honesty and quality relationships.

If you think that your child will never find out about your lifestyle, that you will be so discrete that you won't ever have to deal with the issue of your gayness with your child, you are doing yourself and the child a great disservice. Children have an uncanny knack for figuring things out. By the time they reach Jr. High, or even before, they are beginning to discover their own sexuality. To be confronted with the concept that their own mother might be a lesbian, produces feelings of anger, dissapointment, mistrust and extreme embarrassment. Confusion abounds. So now, along with the usual struggles of puberty, the person they love and trust most in the world, their mother, has let them down. Who can they trust? Who can they turn to? Running away from home is a common reaction. Acting out their anger in various inappropriate ways is common. the results are truly heartbreaking. when you child looks at you with hatred and shame and screams at you that they "wished that you were dead," it's like having your heart ripped out of your chest, thrown on the ground and stomped on. The pain is like no other.

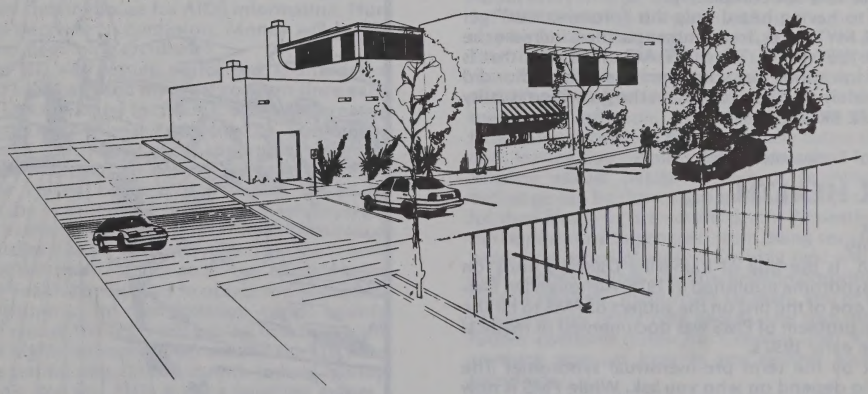
I am fortunate, after 5 years, I have my children back. But, not without a lot of pain, tears and family counseling. Others have not been so fortunate. Their children have disowned them and never want to hear from them or see them again.

For those of you who have young children, begin now! Teach them about quality relationships, and Human Beings loving one another. Teach them about trust and respect and above all teach them about honesty. I am not advocating that you should be blatantly physical in front of your child, but to show him/her that it's o.k. to hug and to touch.

You will have a much better relationship with your child and avoid all that pain and heartache if you can gather strength from all your resources and face the issue head on. Believe me, it takes courage and all the support you can get. Too often, friends just don't understand what you're going through. Had there been a support group for gay parents, especially Lesbian mothers, perhaps I would not have felt so alone with no one to turn to.

If we had a support group in Colorado Springs for Lesbian Mothers, would you take advantage of what it had to offer? If you are interested in helping to form such a group, drop a note to: The Source, Mother's Group, P.O. Box 212, 3624 Citadel Dr. North, Colorado Springs, CO 80909 and let us know how we can get a hold of you. come on moms let's pull together, we need each other.

The Exit



MUSIC FOR EVERYONE

Wednesday	Thursday	Friday	Saturday
Country Nite	**70's & 80's**	**Oldies Nite**	**Contemporary**

Complimentary Hors D'Oeuvres'
Mon. - Fri.
6 - 8 p.m.

GAY GAY

By Roger Webb, Pastor PPMCC

AIDS came a little closer in my life these last two weeks. Actually it invaded it. Within an hour's period of time I had been called to go and visit someone just diagnosed with the disease at the hospital and then received a phone call informing me a friend had also been diagnosed as AIDS with Karposis. Up until then no friend, just acquaintances or others had come down with the disease I dealt with through ministry. I felt stunned, suffocated and scared. This disease was getting closer to home all the time.

Shortly thereafter I ran into someone who was braggin, about the number of tricks he had recently. I asked him if he was aware of safe sex techniques and he laughed off my question with a snort. Normally I would not have thought all that much about it but now it's getting to be too serious. I want this man to live and I want you to live. One clergy person in MCC resigned as he was exhausted doing AIDS funerals. They are even handing out free of charge in the social hall in one MCC, free rubbers bought by a lesbian who wants her gay brothers to enjoy sex BUT LIVE. Me Too!

* PLEASE, LEARN SAFE SEX TECHNIQUES! Learn them now and do them now before it's too late. what are they? DON'T RIM, DON'T SWALLOW, DON'T SCREW WITHOUT A CONDOM. This dosen't mean giving up sex, it means getting more creative with it. this list is very basic but at least eliminates some of the more dangerous practices.

DO THE FOLLOWING (having talked about the DON'TS). Get your body healthy as possible. If you are infected, a healthy body has an 85% chance of not dying of AIDS, once infected. this can be a great time to develop an exercise regime, cut down on the chemicals, quit smoking and develop good eating and sleeping habits.

The AIDS epidemic is not the end of the good old days of "disco, drugs and dick." It can be the start of good food, good friends, good sex, good exercise and mot of all good sense.

This may sound somewhat unusual but it is reality. There is a very high infectious rate amongst us in large urban areas. AIDS is not a small town or rural disease. So, if you meet someone from a large urban area and you want to give him some real Pikes Peak hospitality in your own personal way..great! But, be smart, do unto him as you would want done unto you and your local friends, use safe sex completely.

We are so use to having heard only the "promiscuous" get AIDS. THAT IS A MYTH. Yes, frequent sex partners increase the risk, BUT YOU JUST HAVE TO MEET MR. WRONG, that is someone AIDS infectious that you rimmed, swallowed or did other wise not safely, and you could join the growing casuality list. KEEP IT SAFE BROTHERS!

* See "Germs of Endearment" Ed.

TO YOUR HEALTH

Once A Month

By Gloria Latimer

Once A Month is the title of Katharina Dalton's book on pre-menstrual syndrome published in 1978. Although Dr. Dalton's book was one of the first on the subject of PMS to hit the bookstores, the problem of PMS was documented in medical literature in the early 1930's.

What is meant by the term pre-menstrual syndrome? The answer seems to depend on who you ask. While PMS is now generally agreed to be a physical, as well as psychological disorder, there is little agreement on what causes it or how it should be treated. Characteristics of PMS may include headaches, depression, tension, uncontrollable emotions, and extreme fatigue. Most women suffering from PMS do not have all of these symptoms every month. Some physicians consider mild mood swings, nervousness, and anxiety as one level of PMS and label it PMT, for pre-menstrual tension. With PMS, symptoms usually appear around the time of ovulation and subside once menstruation occurs. These symptoms can be severe enough to impair a woman's personal or professional life. It should be noted that many of the symptoms of PMS could be indications of problems other than PMS and should be checked out by a qualified health provider.

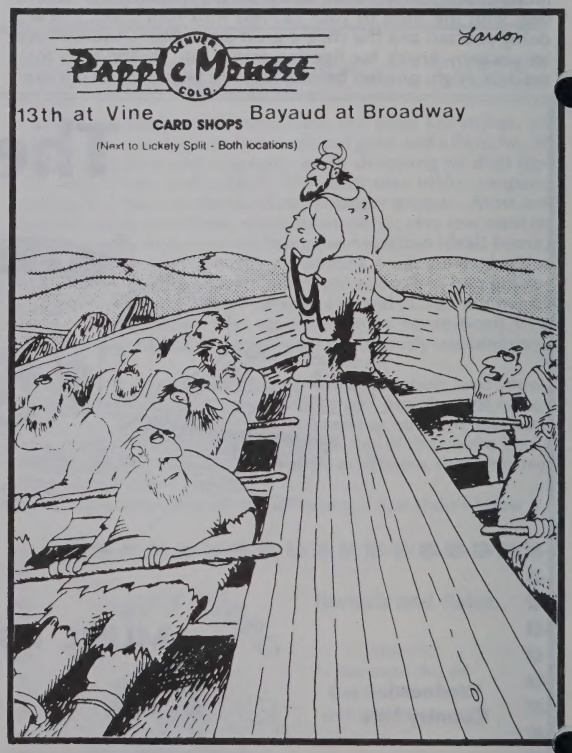
Currently, women are being treated for both PMS and PMT in a variety of ways. Again, physicians do not agree on any specific method of treatment. Some doctors prescribe progesterone, a hormone that is normally present at high levels during the second half of the menstrual cycle and during pregnancy. Other physicians suggest diet and vitamin regimes usually with additional B6 in the woman's diet. Still others suggest more exercise and counseling.

Opponents of the use of progesterone point out that it has not been approved in the treatment of PMS by the FDA. Without such approval progesterone should not be considered as safe and effective treatment. In light of DES and estrogen replacement therapy, opponents urge women to use caution in considering treatment with progesterone.

On the other hand, proponents of progesterone use claim there appear to be no ill effects from its use. It is estimated that about 40% of women suffer from PMS and about 10% of those will be prescribed progesterone for treatment.

Dr. Dalton uses progesterone widely in her practice and sees PMS as a hormonal disorder. She has been treating women with progesterone since 1950 and states, "I've seen no ill effects in the thirty years I've used it. The women with severe PMS deserve treatment."

Although solid research is lacking, information is available. In Colorado Springs there are two PMS Clinics listed in the phone book and one support group. If you believe you have PMS, seek medical advice and be aware that treatment procedures are controversial at this time.



"Yoo-hoo! Oh, yoo-hoo! . . .
I think I'm getting a blister."

INSIDE P.P.G.C.C.

By Tim Symons
Vice President - P.P.G.C.C.

Well folks, the annual August pot luck patio Board of Directors meeting was very enjoyable..more cordial than usual, if slightly less productive. The support groups and affiliated organizations had little to report, so attention turned to two (equally?) dreaded circumstances, the annual general membership election of officers in PPGCC, and AIDS.

Having kept my ears wide open (as always) I assure you that some fine candidates for the Board have declared themselves. There is still room for you to run in September. After all, you know best how to run *your* organization. In any case, vote carefully for those you feel have interests of our whole community at heart. Discussion at Tuesday's meeting also swung to the Proposed By-Law Revisions on the ballot this year. They include a very controversial one about institutional and business member voting* proposed by Shellie. Shellie has my congrats for being the only woman active on the PPGCC council for some time now. Voting this year should be fun.

Near tears when my turn came to report, I had the sad duty to announce that my (and Gloria's) FACE (AIDS education) proposal for funding had been turned down for the second time by the U.S. Conference of Mayors. I am for curiosity's sake going to try to find out what C.S. or the proposals lacked, but more importantly I am going to contact Liz Taylor (seriously) about helping her spend her anticipated $100 million AIDS fundraising bundle.

At the meeting a lively discussion was held about how best to carry on from here...how to displace fear and denial of AIDS with education and prudence. A heretofor silent leader named Bill Smith** has shown himself to be highly qualified and apparently interested in leading the gay community out of AIDS darkness. You'll hear more from him.

For any number of reasons, the community represented at the meeting is choosing to let John Potterat at the County Health Dept. STD Clinic spearhead AIDS education, and PPGCC will offer facility and other support as needed. I know the director of EPCHD personally, and I feel we can put our trust there. I must insert that any local health department (an example is Denver) which encourages participation in the Alternative testing sites is to be watched carefully.

President Reagan has finally come to his senses and agreed to establish one main clearinghouse for AIDS information. Hurray for a hopeful decrease in confusion. Money will trickle down at local level beginning October 1.

Confidentiality of HTLV-III testing performed at alternative (non-blood bank) sites has been my great concern since early on. On April 29, I took a stand for PPGCC against alternative testing in a letter to Dutch Morial, President, U.S. Conference of Mayors, copies of which went every applicable high-level political official from Reagan on down. Like most other gay organizations, we voiced concern that testees would be "marked" and be the victims of discrimination in employment and housing, not to mention denial of life or health insurance. Not only is Centers for disease control trying to get the "confidential" names of test positives, but an all-out effort is being made by national health bureaucrats to obtain the same, presumably to quarantine us (in concentration camps again?). Let's wake up. Of course the FEDS will get the info they want. Of 20 of the most highly impacted cities around the U.S. who set up alternative testing sites, 19 did so with federal money. Please do not panic, but this AIDS is not a laughing matter.

* See article "Proposed By-Laws Revisions." Ed.

** See article "AIDS Support Group Starting Soon." Ed.

EDITORIAL CORNER

Do you as a member of the gay/lesbian community pride yourself on attending educational, cultural, and charity affairs? Good for you. Do you faithfully frequent fund-raising bake and rummage sales, from which you return with your new junk and a full stomach? Good for you. Do you have a small circle of friends? Fine. Do you stay out of the public eye so as not to give the gay community a bad name (or for any number of other reasons)? Smart...

Do you think that being a member of PPGCC or a volunteer for the Helpline (the primary tool for information and help in our community) means you are a Goodie Two-Shoes? Wrong. PPGCC is not alone in *BEING* you...just look elsewhere in this paper for who's doing what.

Maybe you could help plan that event, bake or donate junk for that fundraiser. Don't go beyond your conscience, but be yourself and get involve. It's rewarding. Did you help plan the Block Party or build the Gay Pride Float? Did you march in the Denver parade? Do you as a member have the use of PPGCC's extensive gay/lesbian library? Have you been to Network or to a Court meeting?

Are you the one who attends faithfully the support Groups of PPGCC, but is too tight to pay small yearly dues and become a member? Of course, feel free to continue if you are one of the vast majority of our community who considers it their full-time duty to line the pockets of our local bar owners. Peace.

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GERMS OF ENDEARMENT

A Brief Biography of Sexually Transmitted Disease
(And Self-Defense Course)
By John Potterat

Part VII. The Joys of SAFE SEX and Healthy Living

With gay men, sex has often been a game of Russian roulette. About every sixth partner could be expected to host a "bullet". SAFE SEX is playing the game without the gun being loaded. It may be less exhilarating, but you live to tell about it.

The "bullets" are other people's bodily secretions. The ones most frequently exchanged during sex are sperm, feces, urine, and blood. (Saliva is a highly unlikely vehicle for sexually transmitted infection.) Excessive exposure to secretions that enter your circulation may eventually batter the immune system, leaving you helpless against disease.

Altering sexual habits to reduce (eliminate?) secretion-exchange can be downright stressful, but probably less stressful than illness or premature death. Presently, gay men have the opportunity to progress from being sexual adventurers to becoming sexual pioneers: devising new and exciting sexual diets, whose recipes exclude health-comprising "sauces".

Sing of yourself: masturbate (at least, you're having sex with someone you really care about). Use toys (don't share!) and rubber condoms (lubricate. Crisco is fine). Rub, hug, watch, anything goes...as long as you neither accept nor donate secretions.

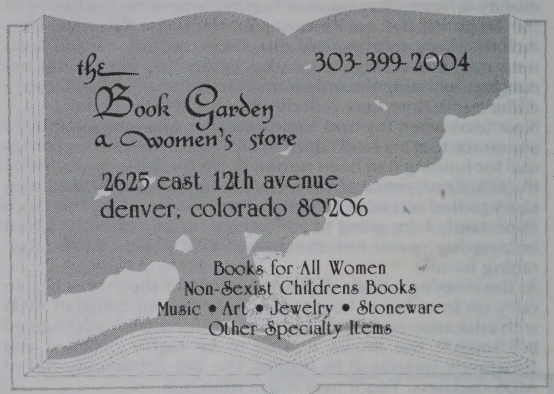
You might miss the old ways at first. Nobody likes to leave a Candy Store. You could become angry, frustrated, restless. It will pass. Besides, it's probably a price worth paying for the fun of rediscovering the pleasures and creative tensions of courting, touching and caring. And, or yes...your immune system (and heart?) thanks you.

Now is the time for all gay men to
come to the AID of their immune system

WOMEN'S HEALTH

Myths and Facts About Women and Exercise
Part II
By Roxanne Ellis

MYTH: If you work out with weight, you will wind up with big, bulging muscles.
FACT: The only way for women to develop Charles Atlas-type muscles is by taking anabolic steroids--powerful drugs with undesirable side effects, including development of male sex characteristics and the potential for liver damage. Women who use weight training wisely can increase the strength of their muscles without enlarging them noticeably. The loss of fat that is bound to accompany an exercise program may make previously padded muscles more visible, but this is a desirable change.
While weight training will strengthen the muscles, it will not increase the heart rate high enough or long enough to contribute to cardiovascular fitness. Therefore, a total fitness program will include both muscle strengthening exercises--with or without weights--and some form of aerobic exercise, such as jogging, swimming or aerobic dancing.
MYTH: It is dangerous to swim during your menstrual period.
FACT: All water sports are safe at any time during the menstrual cycle. Any contrary belief is a relic of the past, when menstruating women were thought to be unwell and were discouraged from any strenuous activity.
Some women avoid swimming during menstruation because they fear that bacteria in the water will be absorbed by their tampons and cause uterine infection. This fear is totally unfounded, because water does not enter the vagina during swimming.
MYTH: Certain exercises will keep your breasts from sagging.
FACT: Because the breasts contain no muscles, exercise neither promotes nor corrects breast sagging. Sagging occurs as women age, because the ligaments beneath the breasts and the skin over the breasts become stretched and lose their elasticity. Also, heavy breasts will always seem to sag unless supported by a bra. Although exercise cannot affect the shape of your breasts, it can affect their size. The breasts are made mostly of fat, so if you engage in regular aerobic exercise (which will reduce your total body fat), your breasts will become smaller--along with your hips, thighs and abdomen. Conversley, if you want to enlarge your breasts significantly, you must get fatter.
MYTH: Exercise can help to relieve menstrual cramps.
FACT: Menstrual pain is caused by prostaglandins, fatty acids that are naturally produced by the inner lining of the uterus and cause the uterine muscle to contract. The pain occurs because the blood supply to the uterus is diminished during such contractions. So far, researchers have found no evidence that exercise has any effect on the production of prostaglandins--so there is no scientific evidence indicating that exercise relieves menstrual pain.
Many women are convinced, however, that their menstrual cramps occur less often and are less severe when they do aerobic exercise. There are three possible explanations for this reduction: One, the brain may be producing certain chemical substances (endorphins) that relieve or prevent pain. (Researchers have established that endorphin levels rise during long bouts of strenuous exercise, such as marathon running;) Two, exercise may widen the blood vessels to the uterus, improving its blood supply and thereby preventing other substances that counteract the conatracting effect of prostaglandins on the uterine muscle.
If exercise relieves or prevents your menstrual cramps, enjoy this additional benefit. But if it doesn't don't stop exercising. Certain drugs--including aspirin and ibuprogen--(Motrin) will help prevent the formation of prostaglandins and allow you to continue your exercise program throughout the month.
For more information on the subject of Women and Exercise be sure to read the book co-authored by Dr. Shangold and Dr Mirkin titled ***The Complete Sports-medicine Book for Women*** (Simon and Schuster.)



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COMMUNITY GROUPS & SERVICES

The following is a list of all of the groups that presently meet on a regular basis in the Colorado Springs area.

"CAN WE TALK" - Mondays at 7:00 p.m. open to everyone

"COUNT ME IN" - Thursdays between 7:30 and 9:00 p.m. open to everyone 30 and over.

DIGNITY (Catholic support group) - Thursday evenings at 7 p.m. call 593-9606 for further information.

GAY ALCOHOLICS ANONYMOUS - Monday, Wednesday and Friday at 8:00 p.m. In the church basement at 730 N. Tejon.

GAY HELPLINE - 471-4GAY volunteers work the phones Monday thru Friday 6:00 to 9:00 p.m., Saturday from 1:00 to 5:00 p.m.

IMPERIAL COURT OF SOUTHERN COLORADO - For information call 471-7468

INSIGHTS - 7:30 p.m. every other Tuesday discussion group open to everyone.

MARANATHA MCC - Meets Sundays at 10:30 am. at the Community Center.

NETWORK - 1st and 3rd Mondays of the month, 6:00 to 9:00 P.M., Henri's Restaurant, 2427 W. Colorado Ave.

PIKES PEAK MCC - Sunday Service 5:00 pm. at 7:30 N. Tejon.

SEXUALLY TRANSMITTED DISEASE CLINIC - 510 N. Foote Avenue, minors examined without parents consent, information confidential, nominal fee. Call 636-0147

SPEAKERS BUREAU - Call Helpline for information.

WOMEN ONLY - Wednesday, 7:30 to 9:00 PM. Call the Helpline for information.

For further information regarding the groups above, call 471-4GAY.

BUSINESS DIRECTORY

Abana Coiffures – Hair Styles, 2015 E. La Salle, C.S., 634–3979

American Secretarial Service – 1815 N. Weber (Suite 102), C.S., 635–7111.

Michelle Abdill – Travel Consultant (Shamrock Travel Service Inc.), 3924 Palmer Park Blvd., C.S., 473–4923.

The Book Garden - Women's Bookstore, 2625 E. 12th Ave., Denver, 303-399-2004.

Category Six Books Inc. - Gay Literature, 1029 E. 11th, Denver, 303-832-6263.

Columbine Pets – Pet Shop, 3221 S. Academy Blvd., C.S., 392–1714.

Echo Print – Printing, 2013 E. La Salle, C.S., 636–1116.

Exit – Bar, 2028 Sheldon, C.S., 634–9276.

Gentry's – Flowers and Accessories, 631 W. Colorado Ave., C.S., 632–0707.

Henri's – Restaurant, 2427 W. Colorado Ave., C.S., 634–9031.

The Hide and Seek – Bar, 512 W. Colorado Ave., C.S., 634–9303.

Marlene Johnson - Amway-MCI, 241 N. Franklin, C.S., 473-6253.

Jo-Wynn Electronics - Repair-(call collect,) C.S., 1-683-2380.

The Mad Planter – Plants, 1805 De Paul, C.S., 633–8896.

Mail Boxes Etc. USA – P.O. Boxes, 3624 Citadel Dr. N., C.S., 570–1333.

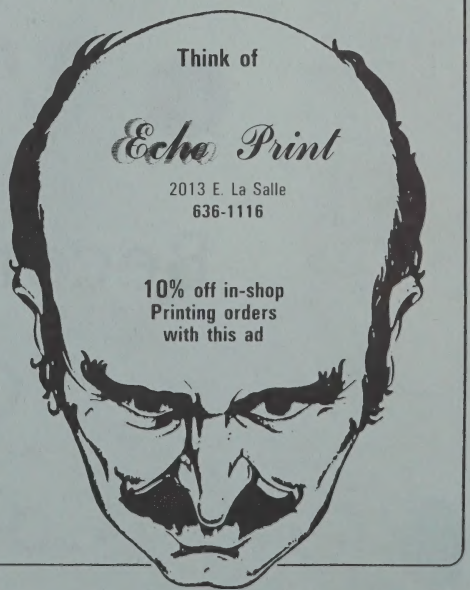
North Crow Vacation Ranch – Resort, RR 1, Box 62A, Ronan, Montana, (406) 676–5169.

Papple Mousse - Cards, 19 E. Bayaud, Denver.

Felix "Cab" Shepard – Car Sales, (Daniels Motors) 105 N. Weber, C.S., 632–5591.

Skyway Video – Rentals and Sales, 844 Arcturus (Skyway Plaza) C.S., 577–9047.

WHEN YOU THINK OF PRINTING



ELECTION DAY
Sept. 29th

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